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## HALIBUT WITH PINE NUT & PARMESAN CRUST

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The crust is a deconstructed pesto, with all of the flavour and a texture that contrasts with the halibut.

1/2 cup	pine nuts, coarsely chopped	125 mL
4 Tbsp	freshly grated Parmesan cheese	
2 Tbsp	fresh basil, finely chopped	30 mL
1	clove garlic, minced	
1 tbsp	extra virgin olive oil	15 mL
4	6-oz halibut filets	170 g
	Sea salt	

Preheat the oven to 425 F (220 C). Combine the pine nuts, Parmesan cheese, basil, garlic and olive oil. Place the halibut filets on a baking sheet and season with salt.

Pat the pine nut mixture onto the halibut, pressing lightly to make it adhere.

Bake in the middle of the oven for 10 -15 minutes, until the fish is opaque all the way through.

Preparation Time: 30 min.

Cooking Time: 10 – 15 min.

Makes 4 servings.